

How To Spend One Hour With God

There are three ways to enter into God's presence. Begin with the method that works best for you:

1. Prayer
2. Scripture Reading
3. Personal Worship

1. **Preparation Time** – settle in and focus on God

Ask God to help you spend this time with Him profitably

Allow God to speak to you

Declare your intention to obey what God asks you to do

Preparation Pointers:

- A. Use resources – Bible, note paper, hymnal, worship resources
- B. Be yourself – talk to God naturally and personally
- C. Be comfortable – location and posture
- D. Don't do all the talking – allow God to speak and respond

2. **Waiting Time** – find strength in waiting on God (Isaiah 40:31)

What to do during waiting time:

- A. Let God love you – you have worth and value because of Jesus Christ
- B. Let God search you – an expression of His care, when you are convinced of God's love
- C. Let God show you — in preparation for what has planned for the day

3. **Confessions Time** – unconfessed sin is a roadblock to answered prayer

Comments about confession:

- A. Confess sin immediately.
- B. No one is beyond the need to confess, regardless of position or title
- C. God is never surprised by what we do, so be honest
- D. God will always tell us when we've done something wrong
- E. If sin is tolerated, it will increase — and could consume us

4. **Bible Time** – learn to pray the word of God into your life

How to Pray God's Word:

- A. Make God's Word personal
- B. Read and respond to what you read
- C. Stop wherever God's spirit speaks to you

5. **Meditation Time** – consideration, response, and application of Bible reading

How does what I read apply to?

- A. My relationship with God
- B. Myself
- C. My Spiritual Journey

6. **Intercession Time** – praying for others

Thoughts about intercession: (1 Timothy 2:1-4)

- A. It is important to pray for others
- B. Learn to pray a blessing on people
- C. Express thankfulness for others
- D. Pray for leaders over you
- E. Prayer can change the atmosphere of a situation
- F. Intercessory prayer pleases God
- G. We find the heart of God through intercession

7. **Petition Time** – praying for our personal needs

How to petition God properly:

- A. Praying “thy will be done” is an admission that our motives and petitions could be impure
- B. Be honest with your feelings, problems, and needs — God already knows
- C. Talk to God about the little things that concern you
- D. Keep a personal journal of lessons learned and answers to prayers

8. **Application Time** – demonstrate love for God by obedient response

He who prays and prays, but doesn't act on what he knows, is like the man who plans and plans and never sows.

9. **Faith Time** – praying in faith, believing for positive results in line with God's will

This active prayer of faith, according to Hebrews 11:1-2, conveys expectation that God can, and will, bring about desired results to accomplish His purposes.

10. **Praise and Thanksgiving Time** – our verbal expression of gratefulness for who God is, and what He has done

The difference between praise and thanksgiving:

Praise recognizes God for who he is.
Thanksgiving recognizes God for what He has done.

**When I praise God, He inhabits me.
When I thank God, He blesses me.**

**Adapted from Dr. John C. Maxwell's, "How To Spend One Hour with God,
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